

THE BEACON

NOVEMBER 2011

NAS PATUXENT RIVER FLEET AND FAMILY SUPPORT CENTER NEWSLETTER



What the Fleet and Family Support Center Can Offer You...

The Fleet and Family Support Center should be your first stop for learning about living in the military or about a new installation when you relocate. The Family Support Center can help with relocation information, employment opportunities in the local area, personal financial education, information about local resources and services, personal skills-building classes, deployment-planning assistance, volunteer opportunities, outplacement assistance when your service member leaves the military, and assistance with crisis situations. Here are some of the specific services we offer:

Transition Assistance Program

- Resume construction classes
- Interviewing skills classes
- Help with job searching
- VA Consultation
- Myers-Briggs Type Indicator
- Strong Interest Inventory
- Career Coaching

Family Employment Readiness Program

- Resume construction classes
- Interviewing skills classes
- Help with job searching
- Information and referral on educational opportunities for spouses

Personal Financial Management

- Money management workshops
- Credit and debt management
- Raising financially fit kids
- One-on-one financial counseling
- Command Financial Specialist Training

New Parent Support Service

- Home Visitation
- Parenting Instruction
- Lactation Instruction/Assistance
- Free Breast Pump Loan Program
- (4) On-Base Lactation Stations
- Prenatal/Postpartum Instruction
- Hospital Visitation
- Parent/Child Play Group

Life Skills Classes/workshops topics include:

- Stress management
- Anger management
- New spouse orientation
- Couples communication
- Steps to a stronger marriage
- Personal communication
- Myers-Briggs Personality Type
- Suicide prevention and awareness

Sexual Assault Prevention & Response (SAPR)

- Immediate 24/7 advocacy services to victims of sexual assault
- Victim advocate accompaniment during medical, investigative and legal process

Family Advocacy Program & Counseling

- Victim advocacy services to assist adult victims of domestic abuse
- Short term, solution focused marital, family and individual counseling
- Family advocacy for the prevention, education and intervention of child and spouse abuse

Relocation Assistance Services

- Relocation information and consultation
- Loan Locker items for check-out
- Welcome aboard information packets
- Sponsorship training
- EFMP information and referral

Individual Augmentee Support

- IA preparation classes
- Return and reunion classes



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(301) 342-4911



CALENDAR

NOVEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Interviewing Techniques, 1-4 pm	2 Playgroup @ GF 10:00-11:00 am	3 1-2-3-4 Parents (Session 1 of 3), 6-8 pm	4	5
IA Indoctrination, 8 am-4pm, October 31 - November 4						
6	7	8	9 Playgroup @ GF 10:00-11:00 am Credit Management 11:30 am-12:30 pm Ten Steps to a Federal Job, 1-4 pm Understanding Holiday Stress, 11:30 am-12:30 pm	10 1-2-3-4 Parents (Session 2 of 3), 6-8 pm Smooth Move - Home or Abroad, 9-11 am	11 CLOSED	12
13	14	15	16	17	18	19
Transition Assistance Program (TAP), 8 am-4pm, November 14-18						
			Welcome to Pax 1 pm-3 pm Budgeting for Baby 10 am-Noon Playgroup @ GF 10:00-11:00 am CARIT Brief, 1-2:30 pm	1-2-3-4 Parents (Session 3 of 3), 6-8 pm	Return and Reunion 9 am-Noon	
20	21 Sponsor Training 9-10 am	22 SAPR Refresher Training, 1-3 pm	23	24 CLOSED 	25 CLOSED	26
27	28	29	30 Playgroup @ GF 10:00-11:00 am			

Hours of Operation: Mon.-Thur. 7:30 am - 4:30 pm/ Fri. 7:30 am - 4 pm



Reservations are Necessary! (301) 342-4911

The FFSC is always looking for a few good volunteers!



PROGRAMS FOR EDUCATION AND TRAINING

FLEET AND FAMILY SUPPORT CENTER

HOURS OF OPERATION

Mon. –Thur. – 7:30 a.m. - 4:30 p.m.
Fri. – 7:30 a.m. - 4 p.m. CLOSED Nov. 11, 24 & 25
Reservations are Necessary 301-342-4911

THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.

If interested please give us a call.

CAREER DEVELOPMENT

Interviewing Techniques, *November 1st, 1-4 p.m.*

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank-you letters, and negotiating job offers.

Ten Steps to a Federal Job

November 9th, 1-4 p.m.

Learn how to navigate the federal job system.

DEPLOYMENT PROGRAMS

IA Indoctrination

October 31st to November 4th, 8 a.m.-4 p.m.

Individuals that have been selected for Individual Augmentee (IA) are strongly encouraged to report to Fleet and Family Support Center on TAD orders for this week long process. Various presenters will take care of all of your IA needs through this one stop shop. Spouses are encouraged to attend on Wednesday 12:30 to 4:30 p.m. to hear recently returned IA's experiences and important information for family support issues. All members must preregister NLT the Friday prior to the class start date.

IA/Spouse Brief, *November 2nd, 12:30-4:30 p.m.*

Spouses are encouraged to attend on Wednesday 12:30 to 4:30 p.m. to hear recently returned IA's experiences and important information for family support issues.

Return and Reunion, *November 18th, 9 a.m.-Noon*

Return and Reunion is designed to facilitate a smooth transition for military personnel from the combat environment to family, community workplace. Spouses are encouraged to attend.

FINANCIAL MANAGEMENT PROGRAMS

Credit Management

November 9th, 11:30 a.m.-12:30 p.m.

This workshop offers information designed to help develop knowledge and skills that will enable the participant to establish and maintain a good credit rating, avoid excessive debt, and make wise use of credit as a consumer.

LIFE SKILLS EDUCATION PROGRAMS

Understanding Holiday Stress, *November 9th, 11:30-12:30*

The extra time with family and loved ones, elaborate meals, gift-giving and flurry of activity can be fun, heart-warming and exciting. However, the holiday season is also well-known for causing stress! Join us to learn some helpful techniques to manage holiday stress so it doesn't manage you.

PROGRAMS FOR PARENTS & CAREGIVERS

Playgroup @ Glen Forrest

November 2nd, 9th, 16th & 30th

10:00 a.m.-11:00 a.m.

Moms, dads, and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and family members.

1-2-3-4 Parents (3 Sessions)

November 3rd, 10th & 17th, 6-8 p.m.

A three-session program designed to meet the special challenges of parenting children in the one- to four-year-old age groups. The program focuses on the following: developmental stages, disciplining strategies, encouragement skills, building self-esteem, and bonding methods.

Budgeting for Baby @ Bldg. 401

November 16th, 10 a.m.-Noon

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.





RELOCATION PROGRAMS

Smooth Move - Home or Abroad

November 10th, CONUS/OCONUS, 9-11 a.m.

This class is designed for those moving anywhere in the U.S. or overseas. Receive expert information about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information.

Sponsor Training

November 21st, 9-10 a.m.

This training is for the active duty military person who has been assigned to "SPONSOR" another active duty military service member who will be arriving at this duty location. Sign up please.

Welcome to Pax

November 16th, 1 p.m.-3 p.m.

Take a windshield tour of the NAS Patuxent River complex, and attend a class jam-packed with information about the base and surrounding communities.

TRANSITION ASSISTANCE PROGRAM (TAP)



Transition Assistance Program (TAP)

Location: Fleet & Family Support Center Bldg. 2090
November 14th to 18th, 8 a.m.-4 p.m.

TAP is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your Career Counselor to sign up. Seating is limited.

CARIT Brief, November 16th, 1-2:30 p.m.

The Atlantic Fleet Career Information Team from Anacostia conducts a mandatory CARIT brief to all honorably separating military members to receive the necessary page 13 required for separation outprocessing.

SEXUAL ASSAULT

SAPR Refresher Training

Location: Fleet and Family Support Center Bldg. 2090

November 22nd, 1-3 p.m.

Role playing SAPR scenarios offers the advocate practice time which builds confidence and skill level.

All classes/seminars are held at the FFSC unless otherwise noted.

Workshops and seminars are open to active duty and retired military personnel and their family members. The facilitators are from the FFSC Staff or from professional organizations and are not permitted to solicit or promote their business.

Sexual Assault Prevention and Response (SAPR) Sexual Assault Response Coordinator is available for General Audience Training, Supervisor's Training, and Commander's Training. Please contact Gloria Arteaga @ 301-342-4911.

General Military Training - The FFSC will bring seminars and workshops to your Command. Call the FFSC at 301-342-4911 for more info.

SUPPORT SERVICES

Clinical Counseling Services

FFSC Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today's military. Stress can be caused by such things, as family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. If you would like to make an appointment with a counselor, please call (202) 685-6019.

School Liaison Officer

School Transitions – Deployment Support – Home Schooling Linkage – Special Education Navigation – Post Secondary Support – Command/School, Communications – Partnerships in Education

The School Liaison Officer (SLO) helps prepare students, parents, schools and Navy leaders to respond to moves and deployment issues concerning school-age children and youth. SLOs help Navy families be the best advocates for their child's education. Parents and community members with questions on school-age military / DoD child education may contact Dawn Simpson, School Liaison Officer, NAS Pax River at dawn.simpson@navy.mil or 301-757-1871.